

FOR IMMEDIATE RELEASE

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## **Diabetes Fair at Glendale Main Library**

**GLENDALÉ, Ariz.** – A Diabetes Fair will be held at Glendale Main Library, 5959 W. Brown St., from 10 a.m.-4 p.m. on Saturday, November 18. Additional sponsors of the event are the Dept. of Ophthalmology of the University Physicians Healthcare, American Diabetes Association, Banner Thunderbird Medical Center, St. Joseph's Hospital and Medical Center and Inter Tribal Council of Arizona, Inc., and the University of Arizona Student Sight Savers Program in Tucson.

According to the American Diabetes Association, there are 20.8 million children and adults in the U.S. who have diabetes. That number represents seven percent of this country's population. Approximately one-third of the people with diabetes do not even know that they have it. Diabetes is more common in African Americans, Latinos, Native Americans, Asian Americans and Pacific Islanders.

The day will consist of diabetes talks, glaucoma screening and information tables. Chinese and Spanish speakers will be on hand to translate during the screening and at the information tables.

Anak Shrestha, M.D., and technicians Jill Brickman and Jenny Kowren will provide screening for glaucoma. They are from the Dept. of Ophthalmology of University Physicians Healthcare, which is the medical practice of the physicians of the University of Arizona College of Medicine.

Talks on how to keep healthy with diabetes will be presented by Deborah Martin, RN and Certified Diabetes Educator and Melva Zerkoune, Diabetes Nutrition Coordinator for the Inter Tribal council of Arizona, Inc.

Attendees can pick up valuable information on diabetes and diabetes resources from the following organizations: American Diabetes Association, Banner Thunderbird Medical Center, St. Joseph's Hospital and Medical Center and the Inter Tribal Council of Arizona, Inc.

Door prizes will be given out.

No registration is required for this free program. Call 623-930-3553 for more information and times of activities and talks.

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Glendale Public Library  
Main Library  
5959 W. Brown St.  
Glendale, AZ 85302  
623-930-3530  
[www.glendaleaz.com/library](http://www.glendaleaz.com/library)